



fresh

SPECIAL HOLIDAY ISSUE

Standout entrées for your feast p. 18



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We are a community of people who care about the quality of the food we eat. We are committed to providing you with the freshest, most delicious, and most sustainable food possible. We are committed to providing you with the freshest, most delicious, and most sustainable food possible.

BEANS AND BUTTER

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WELCOME

As cold weather settles in throughout the Northeast, many of us turn our thoughts to the holidays. It's funny, then, that the idea of fresh is all about making it easier to provide healthy and delicious meals to keep your family celebrating longer and longer.

The start of almost any holiday season is this time of year in Thanksgiving. Though turkey is a traditional favorite, we're featuring some alternative meats, such as Toss 'n' Tumble (Medium-rare roast beef) and Holiday Roasting (Roast Beef with Yorkshire Pudding). For veggie lovers — a group that never includes my oldest daughter — we've added Autumn Squash with Double Mushroom Stuffing.

We've also got you covered for the day after Thanksgiving, which for many of us is a relaxed meal with no pressure for perfection. Look for next-day suggestions like Turkey Sandwichs and Turkey Dinner with Gnocchi.

You may notice that our theme for this edition is holidays in the country. In that spirit, we've provided a simple menu of your place also runs the real. Only fresh. Modern in taste, in spirit, in flavor, and in flavor. Turkey with Mushroom Medley, Dressing, and a side of Herb-Roasted Sweet Potatoes.

Particularly in this season, there's something about the nostalgia of the holidays, with family and friends gathered around the table having breakfast or brunch in addition to recommending coffee and food. We've included easy recipes for Cranberry Sauce, Holiday Country Breakfast Sauce, and Hot and Sweet Glazed Ham.

November and December are prime time for food sources as well. We've assembled up for the perfect cheese board, pairing cheeses with honey, jams, and fruit, plus dips, smoked fish, and various crackers and breads. You'll find ways to entertain on a budget too, as readers might as go the best of both worlds for the 11-12-13.

The holiday season also can mean serving festive desserts — or not. If you're looking for new ideas, we've included recipes for Eggnog Trifle, Sweet Potato Soufflé, Pecan Pie, and Candy Cane Cheesecake. And in our Thanksgiving section, Harvested Pumpkin Cheesecake. Marilyn, with all the other recipes, for those who are managing diabetes or just watching their weight.

As the seasonal bounty and bustle continues, I hope you'll have the chance to slow down, relax, and enjoy great food — and good wine — with those you love. Happy holidays!

Beth

BETH NEWLANDS-CAMPBELL
President, Harvested Supermarkets



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Q I know you've talked about using meat thermometers before, and I understood the directions. But when it comes to actually sticking it in the meat, I'm never exactly sure I've done it right — and I still end up cutting into the meat to see if it's done. I want to cook safely, and I certainly don't want to ruin any meat by overcooking it. I've looked online for a picture of what a thermometer should look like in the meat, with no luck. Can you help?

I know you've talked about using meat thermometers before, and I understand the directions. But when it comes to actually sticking it in the meat, I'm never exactly sure I've done it right — and I still end up the meat to see if it's done. I want to cook safely, and don't want to ruin any meat by overcooking it. I've got a picture of what a thermometer should look like with no luck. Can you help?

REFERENCES

1000



A: It's great that you want to get in the habit of using a thermometer. It's the safest way to cook meat, and as you gain use of it, it will also help you avoid food that's cooked just right. Instant-read models, which can be found in the Grocery store, are the most convenient. As the name suggests, the thermometer is meant to give a quick read; the read is used outside the oven—don't leave it inserted during, say, roasting your favorite roast. Thermometers insert a short metal probe two deep into the thickest part of the meat, away from fat, bone, and any other tough parts. In a poultry the best spot where meat thigs meet the breast. In a steak or other cut of beef or pork, just insert the thermometer in the thickest part of the meat (usually the center). While a little practice, getting an accurate read will become second nature.

Q Thanks for the *Flavorful* book — especially for the selection of what has and hasn't been in your novel. Do you know what the substance in a recipe would be for those for someone who needs information on plant-based proteins?

1000

1. *Journal of the American Medical Association*, 1997; 277: 1001-1005.









A Unfortunately, there is no simple formula. There are several plant-free (flour) and (baking) products and we carry a good selection in our *Flour & More* section. For all flours and flour substitutes and quantities, we do the same as all recipes. But flour (for example) behaves very differently here, so please think about it, as well as different types of equipment.

In several of our states you'll find musicians to help you learn how to eat and cook, glucose live. Our Nutrition Coordinators are available to help you shop for glucose, too. We also offer live classes. To see whether there's a class offered that month in a state near you, check the schedule at diabetes.com.

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	Booker (Lyle)	40
	Cook Mail (Clara)	41
	Fennel (Mildred)	42
	Hart, Robert (Samuel/Patience)	43
	Hart and Sweet (Edward Bacon)	44
	Pliginsk (Mikhail) (Serge)	45
	General (Spirid) Karpolyuk	46
	Travels (Charles) (William) (Serge)	47

CONCLUSIONS

	Asian-Northeast with Double Mustard Dressing	29
	Country Breakfast Skillet	26
	Cheer! Country's Pal-Sized Porker (Serving 4th Place)	
	Protein-Packed Pork (Serving with Herb-Rosemary Potatoes)	33
	Pomegranate Glazed Turkey with Apple-Almond Dressing	30
	Roastmarys and Honey Turkey with Herb-Rosemary Potatoes	45
	Tri-Color Entree	26
	Turkey in Salsa	23
	Turkey and White Bean Sauté	34
	Turkey Dinner with Good Cheese	26
	Turkey-Rice Casserole	34
	Turkey Roast with Potatoes	37
	Vegetable Protein with Cranberry Sauce	40
	Young Men's Club Dinner	

[illegible]

1	Carolee Kane Clements	32
2	Christy Sueper-Mullins	29
3	Edgema Telfe	34
4	Barclay Phyllis Samboon Pagan/Pa	33
5	Trinidad de Nadi	29



Although there is no universal standard or prescribed family size, there are some trends that are evident.

Figures were fitted to the data with a least-squares regression line. The regression equation and the coefficient of determination (r^2) are given in parentheses.

n/d 10 CONTENTS



SPECIAL HOLIDAY ISSUE

18

FESTIVE DINNER FOR EVERYONE

Meat lovers, vegetarians, and vegans will all enjoy eating at your table.
Recipes by Kathy Cross, Kimberly Mayone, Adam Reed, and Sally Simpson

24

HOLIDAY FARM BREAKFASTS

Wake your family with breakfast and then let you so never second breakfast.
Recipes by Kathy Cross and Jane Dornbrook

30

DESSERTS WITH A DIFFERENCE

Seasonal flavors are transformed into elegant and of real count.
Recipes by Kim Fisher and Lori Stern

in every issue

6 FRESH IDEAS

News, views and tips for better healthier eating, solving, entertaining, living, saving, discovering, balancing, and sharing.

14 RECIPE RENOVATION

You can hold onto holiday eating habits during the holidays, especially when you use our recipe for lighter results.

36 FAST & HEALTHY

The day after Turkey Day, enjoy all the leftovers in surprising new ways.

40 COOKING WITH THE STARS

Superfood recipes add flavor and health to your meals.

42 ONLY AT HANNAFORDS

Pick, your bags, and possibly a few pins or papers: a holiday treat on the road.

46 IN THE BAG

Adding to our 4th meal is easy with a quick stop at Hannaford.

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Interviews
and More Content

Like what you see in the magazine? Go online and visit hannaford.com for more great recipes, tips, and all in convenient entirety to your love of food.

Go Visit Hannaford by e-mail, holiday issue. For our special take on a holiday dinner, see page 18.
Photograph by Kelly Miller

FRESH IDEAS

Best tips for your healthy lifestyle

8 INTRODUCING 9 SOLVING 10 ENTERTAINING 11 LIVING
12 SAVING 13 DISCOVERING 14 BALANCING 15 SHARING

POWER FOOD

cranberries

CRANBERRIES ARE A BOON TO YOUR BODY — loaded with antioxidants, fiber, vitamins A, C, and K and the minerals calcium, potassium, and phosphorus. The tangy tartness may also promote gastrointestinal health and prevent kidney stones, and can help with postmenopausal hypertension, lead cholesterol (LDL) levels and increase good cholesterol (HDL). In addition, cranberries are a natural ally in preventing urinary tract infections.

— Sarah H. G. Sordberg





fresh fixes

- Blend fresh cranberries into smooth milk + banana 'milk' and a few tsp sugar for a healthy, sweet hot 'milkshake'
- Pair cranberries with roasted chicken or pork
- Cranberry sauce is great as a topping up on meat, cottage cheese, or yogurt for breakfast or snacks
- Add fresh or dried cranberries to muffins and quark/breads for added color, flavor, and fat (in their case, sugar, too)
- Cranberries add zing to other soups or acidic foods – try adding them as you would lemon, blended with herbs and olive oil in vegetable soups

tips for buying cranberries

Choose berries that are plump, fully opened, deep red, and feel like the real deal. When it comes to that so often fully open, shiny appearance, beware! Fresh cranberries will keep in a tightly sealed plastic bag in the refrigerator for two months – and frozen cranberries will last for several years – just be sure to check the package.



The Singer Cranberry Postcard is right to offer to be even of cranberries.com.



Source: www.cranberries.com
Photo: www.cranberries.com



BURSTING WITH NUTRITION

A cousin of the blueberry, cranberries peak from October to December. One advantage – fresh cranberries offer the most significant health benefits (note that dried cranberries have added sugar and might be viewed as a candy-like treat). A ½ cup serving of whole, fresh cranberries has only 20 calories and 2 grams of fiber. Cranberries are also a great source of manganese, which helps control stress and helps maintain normal blood sugar levels. With that same ½ cup serving of fresh cranberries, you'll get 6% of manganese – 55% of your daily value.

CRANBERRIES FOR MANGANESE

The manganese in cranberries helps maintain normal blood sugar levels, promotes optimal thyroid function, maintains the health of your nerves, and promotes cell-free damage caused by free radicals. (The recommended daily intake of manganese is 1.8 milligrams for female adults and 2.3 milligrams for male adults.)

Other good sources of manganese include:

• Pineapple (1 c)	• Tea (1 c, cooked)
154 mg	1.37 mg
• Brown rice (1 c, cooked) 170 mg	• Raspberries (1 c)
	1.24 mg
• Chickpeas (1 c, cooked) 1.04 mg	• Quail (1 c, cooked) 1.04 mg
• Spinach (1 c, cooked) 1.03 mg	• Coddled greens (1 c, cooked) 1.03 mg
• Apple whole (1 c)	• Ham and lettuce (1 c)
1.03 mg	1.03 mg

WHAT'S NEW AT HANNAFORD



Browned Butter

Browning — browning — is a combination of molten salt, sugar and spices — makes for moist, tender (beautiful!) And super simple. The end result is not salty — the salt rises off before cooking. Here it's easy to bring your Thanksgiving bird with a Gourmet Cookie Kit. The all-natural gluten-free butter, salt and rub kit, available at Hannaford, is gluten-free, dairy-free, and a specially blended constant proportion and time ratio to apply before cooking.



Chocolate-Covered Candies
Just about any thing is better with a chocolate coat. The candy

version of salt-dried confectioners and rich chocolate is truly something special. To instantly make the season brighter, add these candies (you suggest to your holiday options) less than in your candy, sprinkle on, and melt, and stir up some excitement on your plate. Look for bags of chocolate-covered dried confectioners in the Candy aisle.



PIE TOPPER

Turn your pie crust into a work of art! Press into dough to make patterns as your pie crusts — available in the Gadget aisle.



KING ARTHUR FLOUR

Low in gluten and rolled from soft wheat, this unbleached flour is great for cookies and pie crusts.



SHARP SHEETS

Bursting with flavor, get your sheets! The Sharp Sheets, 10 by 10-inch, stainless-steel, baking sheet, makes cooking and cleaning a breeze.



CANDY

Just a few more for this simple, parabolic-on-proprietary houses, candy comes in three, chocolatey suggests in your cookies.



sweet!
it's treat time

WHEN THE HOLIDAYS come around, it's a good idea to keep your pantry on and extend on demand with the essentials to help your kitchen run smoothly during the busy days and nights. The items below are found to come at handily throughout November and December.



GINGERBREAD FUN

Make some magic! With pre-mixed gingerbread pieces, icing, and all the ingredients to make gingerbread, you'll have everything you need to make a special gingerbread house. It's a fun, easy-to-use kit for the Gingerbread House Kit. In the Bakery, where you'll also find a Gingerbread Train Kit.



Q&A

Terry Harriman and Marc Letourneau

TWO OF HANNAFORD'S TOP MEAT EXPERTS OFFER TIPS ON HOLIDAY ROASTS

For many people, a high-point of fall and winter festivities is the holiday family meal. And a signpost of what makes a holiday meal so memorable is the special bird or meat at the center of the table. Whether you want a classic turkey or prime rib roast, or something new and different, the Butcher Shop at your local Hannaford has what you need. Our butchers are meat connoisseurs who love to share their knowledge – and a few personal recommendations – with customers. For advice on holiday meal planning, we spoke with two of our Butcher Shop pros – Marc Letourneau, Meat and Seafood Merchandising Specialist, and Terry Harriman, Cell Eggery Manager.

David Plummer

What are some good choices for a holiday roast?

ML: There are four main roasts popular at the holidays. The most popular is a prime rib roast. The pork crown roast, weighing as little as 10 pounds, is a festive choice. The pork loin roast, weighing as little as 6 pounds, is a festive choice.

Do you have any unexpected choices to recommend?

ML: We have a beautiful 10-lb. Boston butt. It's a higher quality than I can tell you usually find – the ribs are perfect, the fat is

a beautiful golden-brown, it's got that popular porky and tender meat on the inside. And it's a great choice for a prime rib roast, and it's a big roast. Those may not be the traditional holiday meat, but they're very good.

What should customers look for when selecting their meat?

TH: We take a lot of pride in the craftsmanship of our butchers, and our cutting standards and specs are second to none. But there are different qualities to meat. Marbling, quality flavor, bone-in products tend to be better.

What else can butchers do for customers?

TH: Our butchers should ask for a consistent holiday tip. Our butchers will also help with general preparation. If it is a bone-in rib, we'll debone it and tie the bone back in for easy carving and easy carrying. And you'll get the extra flavor from the bone.



For more tips from Marc Letourneau and Terry Harriman, visit hannaford.com or call 1-800-444-4444. For more tips, visit hannaford.com.

saving face

the weather outside is frightful – but your complexion needn't follow suit

By Lauren Rittenberg

WINTER CAN TAKE A TOLL on your outdoor life as seasonal rays — with chilly or blistering winds — and dry indoor heat all conspiring to steal moisture from your epidermis that you can't fight back. Follow these four simple steps to stay your skin this season (you can find all products in our Health-In Beauty guide).



Keep your shower short (and cool) So a long hot shower feels absolutely lovely after a day spent making snow angels. But it also strips your skin of protective oils, making it even more susceptible to biting and withering. Lukewarm water is far gentler, and a conditioning wash like Aveeno Skin Relief Daily Wash will soothe better than hot soap.



Moisturize, moisturize, moisturize Dermatologists recommend applying moisturizer (like Neutrogena Daily Hydrator Ultra Hydrating Lotion) to your entire body twice a day — even chapped hands — by using a rub cream (such as Neutrogena Hand Cream) after every wash.



Make a happy face Most women need to reach to a slightly heavier facial formulation when the temperatures drop. If your favorite lotion also comes in a cream, try that — one great option is Olay De L'Inferno Hydrating Cream.



Bathily steps ahead Chapped lips aren't fun for anyone. A thin layer of Aquaphor Healing Ointment will protect your pout. (Cream? The product can do double duty, improving any other particularly dry spots across your body.)



SEASONAL SUPPLEMENTS

Consider giving your body an extra boost winter-ready, primarily if you're going outside, coming from your house, going to work, or your scheduled pharmaceutical before starting any daily task.

Hydroboost Vitamin E 400 (L'Oréal) is the richest in the line, meaning that you can make your own supply. (It's important, though, not to let the dose grow shorter than current days can be a little scarce.)

Hydroboost Vitamin E 400 (L'Oréal) This smacking emollient is thought to improve skin thanks to its ability to battle free radicals. Pop a soft gel cap and apply directly to dry spots to feel them melt away.

Hydroboost Zinc Gel (Neutrogena) There's no cure for the common cold, but some studies have indicated that zinc may help shorten your viral sojourn on the inside.

TEST DRIVE value wines — our reader panel reports

By Tim Cookham

Long gone is the notion that a good bottle of wine has to cost as much as an entertainment. Today's great quality, budget-friendly wines are popping up faster than the cheapest smartphones.

Want to see what a fruit & Chateau, a light dry Chateau, say, or a light Pinot Noir? Here's what they're all about. It's not just a wine that inspires you to try something new. Our readers helped us choose these wines. It's a win-win — more with a price tag of \$10 or less — to four of the best.

“This Malbo has an inviting aroma and tastes strong but smooth.”
— OLENE HACHORN



Long Lake
Cabernet



Barefoot
Pinot Noir



Robert Mondavi
Pinot Noir



Frogsworth Green
Malbo

OUR GRAPEFUL PANEL



JACQUELINE BYRNE
Wife, Malibu
Like the body of the Long Lake Cabernet, I'm a wine lover, and I like flavor. I will make real wine a public, slightly sweet bouquet.



RICHARD AYRES
Shore, VA
Barefoot Pinot Noir is a great wine. It's a little spicy and has a touch of sweetness. I'll pair it with pork or chicken breast.



ANDREW GRAHAM
Junction, Pa., Mass.
The Robert Mondavi is full bodied and full of flavor. It's a light red, not too sweet. Good for a dinner with something sweet.



OLENE HACHORN
Palm, FL
The Malbo has an inviting, complex and smooth flavor. It's a good wine. I will make real wine a public, slightly sweet bouquet.



perfect pairs: the best accessories

Home 240 Plus Carabiner

The perfect living room addition of the silver carabiner. It's a great addition to your home. It's a great addition to your home. It's a great addition to your home.



Diamond Cocktail Stirrer

If your style is more sophisticated than Cabernet, these sparkling stirrers will inspire your kitchen. Great for holiday parties — the primary colors will make it a true centerpiece.



Find out which items are available at your local store of www.homedepot.com

every last bit

When you cook with fennel, there's almost no waste — every part can be used to create beautiful dishes. Try the fennel bulb (celery-like stalks) in soups, stews, and even fishes, or enjoy it raw as a crudité or sliced thinly in salads. The feathery-flavored leaves can be used as an herb, or as a tasty and essential garnish. And fennel seeds (in seed pods) are fantastic (and fragrant) — use them to season, or grind them in spice mixtures. Fennel-based oil enhances so many recipes.



fabulous fennel

The feathery fronds you see on fennel stalks might remind you of the frayed ends of asparagus in the Provençal department, but fennel plants bring formidable powers — from promoting lung health to protecting against radiation — have been attributed to this graceful relative of carrots and celery. Today, fennel's reputation rests on its flavor and health benefits (thanks to the medicinal — or magical — potential. Crunchy and a bit sweet, fennel stalks favor their roasting and braising, becoming especially popular in soups, stews and salads. The seeds have a warm, licorice-like quality. To learn more about fennel, visit www.fennel.com and fennel.com.



eat, drink, and be merry

diabetics can still toast the season while keeping blood sugar in check

Nov. 14, 1999, 11:00 AM



IF YOU HAVE DIABETES, the holiday cheer has a less-than-rosy glow: too little exercise, and too many sugary treats. But there's good news: You can keep your blood sugar in control with a few simple steps. Here are some tips to help you stay on track during the holidays.

Never say never. His food is really off limits. But, instead of grazing at random, plus should still choose when going or indulging. And when you do parade, consider putting just one feeding item on a small plate to keep portions in perspective. — and under your oil

There is happy burping going on before going to parties helps you avoid overeating. When I'm having a dinner plate on a full stomach, I like to ask myself how I want to feel later that night. Am dancing or doing? This one helps me successfully walk away from buffet table.

Start with tests. Blood sugar levels can drop dangerously low if you drink alcohol without eating. It's a good idea to always have food when you drink. And you should have yourself tested during a week.

Later, scientists at Harvard's First Avenue drilling site found by ingested chlorine and a range of health-threatening agents.

Country	Year	Value
Algeria	2000	0.00
Algeria	2001	0.00
Algeria	2002	0.00
Algeria	2003	0.00
Algeria	2004	0.00
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1000

Chiedi pure: oggi si discute di salute
per tutti. **Baroncelli** al centro.

The graders' take. When cooking all seasons like us, be sure your meat stays moist: moisten those meatballs with oil. After the meal, you could pass wine with your leftovers. I like to use olive-oil, balsamic and red wines (from left to right).

Get in shape, sis. The best way to control blood sugar is to exercise for at least 30 minutes five or six days a week. Ask your doctor for a combat-holiday excuse. You can work up physical activity in sports gear, your boots and gloves and head outside to play with the kids or walk around the outside of your house the mall when you're shopping.

The Bottom Line: You may need to make some adjustments, but they don't have to take away from the fun. It's about understanding the balance between your blood sugar and how much the holidays affect it. If you set rules for yourself about what you eat and drink regularly, you can keep blood sugar levels—and, er, excretions—under control with health and beauty—all in good health.

Meredith Wells MS RD LD CDE is a Registered Dietitian-Clinician in the Metabolic Clinic, and was a division of Effect Research in Metabolism.

spice of life

this seasoned cook loves to experiment with flavor By Meghan Rowley Little

Gary Ploche (right) has been cooking since her days playing in steam houses where mud made great "chocolate frosting" for



her snow cakes. At age 69, Gary still enjoys playing in the hot-beds — and has a library of recipes to show for it. In addition to being a wife and a mother,

she Marie Ploche has managed lunches for an elementary school with 115 children, operated an inn, and served as a local health leader for the Point Barrow. She was also an author: longtime member of the Lady Eliza.

The first time Gary made baked chicken sandwiches with kumquats, she was hooked. "The kumquat season is short and the fruit can be expensive, but it's worth it," she says.

SWEET-SPICED KUMQUATS

MAKES 16 (3 Tbsp.) SERVINGS (2 1/2 CUPS)

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 24 HOURS (INCLUDING RESTING AND COOLING TIME)

Gary was given this recipe 40 years ago by a friend who offered her the first kumquats she'd ever had. Serve with sticky pork chops and cucumbers, or steaks. These sweet kumquats will keep for up to one year. For facts on eating high-fiber foods, see kumquats from the experts at eat.bonappetit.com.

1. the kumquats

- 1 cup mild or red vinegar
- 3 cups sugar

1. cinnamon stick

- 16 whole cloves
- 1 lemon (for rind, about 1/2 cup)

1. Wash kumquats. Then a tiny sliver from each end and make 3 shallow incisions in each fruit, leaving the seeds in. Place one large kumquat, stem with water, and bring to a boil over high heat. Reduce heat and simmer for 10 minutes.

2. Strain the liquid into a glass measuring cup and measure. If needed, add enough water to make 3 cups. Otherwise, return 3 cups of the liquid to the pan and discard any remaining liquid. Add vinegar, sugar, cinnamon, cloves and lemon slices. Bring to a simmer over high heat. Reduce heat and simmer for 15 minutes. Remove from heat, cover and let sit overnight at room temperature.

3. The next day, have ready 7 clean 5-oz. jelly jars and lids. Fill a large syringe with water and kumquat a half over high

heat, simmer while you finish preparing the kumquats. Place empty jars in the water to keep them hot.

4. Using kumquat tongs, to a hot oven, high heat. Reduce heat and simmer until the mixture thickens into a syrup about 1 hour.

5. Drain all water from heated jars. Place kumquats into the prepared jars, being sure to distribute both syrup and fruit evenly. Leave about 1 inch of space at the top of each jar. Screw on lids. Place in simmering water, making sure the water completely covers the jars by 1 to 2 inches. You may need to stir down fruitless. Leave heat on, bring water to a boil, boil jars for 5 minutes, then remove jars and allow to cool to room temperature about 4 hours. Once cool, the lids should be flat.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 40 CALORIES, 12.5 CARBS, 1.0 PROTEIN, 0.0 FIBER, 0.0 FAT, 0.0 SATURATED FAT, 0.0 TRANSFAT, 0.0 SODIUM, 0.0 SUGAR



For recipes and meal solutions from Gary Ploche, and to see her recipe for Piquant Mustard Sauce, go to bonappetit.com.

Share your favorite recipe! You can be featured on the sharing page. Just email recipe@magazine.thefarmhouse.com



Stuffing, unstuffed

Our healthier stuffing has all the flavor of the holiday classic — and it's good for you, too.

Whether your family's favorite bread stuffing is cooked right in the turkey or baked in a casserole dish, there's a good chance that it's called, at its core, "soft fat and chicken." Many traditional recipes call for a cup or more of butter and use low-fiber white bread for dried stuffing mixes and sodium-laden herbs. These ingredients can add up to 300 calories, 6 grams of fat, and 943 mg of sodium (23 percent of the recommended daily allowance) per serving.

With the help of Registered Nutrition Coordinator Frances Joy who works with customers in three Maine health stores — Sunell, Lemington, and Lanesboro — we've "unsalted" classic stuffing, cutting the fat and sodium while adding fiber and keeping the rich flavor your holiday food deserves.

TRIMMED-DOWN TO A HEALTHY, DRESSING

MAKES 16 SERVINGS (2 CUPS EACH) • 160 CALORIES PER CUP • 10g TOTAL FAT, 1g SATURATED FAT, 1g TRANS FAT, 1g SODIUM, 1g SUGAR

Our recipe calls for 2 Tbsp. olive oil as plenty of butter. We also use our double fiber whole wheat bread (and it grows of fiber per slice) to boost the maximum benefits up a few notches. Low-sodium chicken broth keeps the moisture down, but you could also use homemade turkey stock. Recipe may be halved and may be frozen.

- | | |
|--|---|
| 1/2 cup (1 loaf) homemade 100% whole wheat Double Fiber bread (about 8 slices) | 1/2 cup freshly ground black pepper |
| 2 Tbsp. olive oil | 1/2 cup poultry seasoning |
| 1 celery stalk, split lengthwise and finely chopped (about 1/2 cup) | 1/2 cup chopped onion |
| 1 onion, finely chopped (about 1/2 cup) | 1/2 cup dried cranberries or raisins (optional) |
| 1 cup chicken (or turkey) broth | 1/2 cup low-sodium chicken broth |
| 1 cup shredded carrots | 1/2 cup white milk |
| | 1 egg white |

1. Preheat oven to 350°F. Place bread in single layers on 2 or 3 baking sheets and bake until dry and lightly browned, about 9 to 12 minutes. Can allow entire 1-inch cubes or tear into breadcrumb pieces. Do not remove the crusts. Place bread cubes in a large mixing bowl and set aside.

2. Heat oven heat to 350°F. To bake the stuffing outside the bread, spray a 3-quart casserole dish with vegetable cooking spray. (If using the stuffing inside the turkey, eliminate this step.)

3. Heat oil in a sauté pan (skillet) over medium heat. Add celery, onions, and carrots and cook until tender, about 3 to 5 minutes, stirring frequently. Remove from heat and add to the bread cubes.



We've kept the fat while keeping their rich flavor your holiday dish deserves.

Spinkle pepper and poultry seasoning over bread cubes and toss to combine. Mix in poultry and cranberries or raisins if using.

4. In a liquid measuring cup or medium bowl, mix together broth, milk, and egg white with a fork until combined. Pour over bread mixture and set to distribute ingredients and moisture the bread cubes.

5. Transfer stuffing mixture to prepared casserole dish and cover with a lid or foil. Bake 50 to 55 minutes, until an instant-read thermometer inserted in the center of the stuffing (if desired) is rising to read a turkey (when the stuffing is the center of a 14 to 15 lb. turkey and read inside only). If cooking turkey first, chill the stuffing mixture and stuff the turkey just prior to roasting. Cook until stuffing reaches a temperature of 350°F. Serve immediately.

APPROXIMATE NUTRITIONAL INFORMATION PER SERVING: 160 CALORIES, 10g TOTAL FAT, 1g SATURATED FAT, 1g TRANS FAT, 1g SODIUM, 1g SUGAR.

Meat eaters and vegetarians alike
deserve a special meal

Festive Dinner *for* Everyone

STORY BY LISE STERN • RECIPES BY KATHY GUNST,
KIMBERLY MARCHE, ADAM REED, AND SALLY SAMPSON

PHOTOGRAPHS BY KELLER • KELLER

Turkey is the star of the holiday meal for many families. The fourth Thursday in November is probably the biggest. On the festive table, and at the signature events at many Christmas dinners as well, duck is popular as turkey is, but sometimes these celebrations of "I'm a vegetarian" or "Could we try something else this year?"

Of course, there will always be substitutions, but there are delicious alternatives for those who want something new. Regardless of what you serve, you'll want the meal to be substantial, delicious, and special. We asked four regular food contributors to create a different holiday recipe: a recipe for turkey plus bird, fish, and vegetarian options.

Longtime contributor Kimberly Marche, owner of the recipe development company WQW Delicious, served Portuguese Glazed Turkey with Apple-Almond stuffing. Turkey is a meat in her seasonal celebrations because, she says, "Turkey food is steeped in tradition." But variations are acceptable. "Carnivores want contemporary versions of the classic roasted turkey dishes, though up a bit. My focus was the vegetarian for this recipe because post-vegetarian, almonds and apples are three of her favorite things."

Emily Gunst, author of more than a dozen cookbooks, created a Holiday Scoring Rib Roast with Yukon Potatoes. "When I lived in London many years ago, this was the dish everyone served to celebrate anything big," she says. "But here it signals the holidays. It's elegant, satisfying, and surprisingly simple to pull together."





For those who prefer soul to soul, Adam Reed, the Southern megapopulation specialist on *Plate America's* Test Kitchens, created Texas on Diner, a long, slow simmered preparation often used for beef. Early on, meat has become a popular preparation but even the colder weather, Adam says, "I think braising highlights its rich, meaty texture beautifully."

Vegans often make do with the kale dishes at holiday meals. Sally Ferguson founder of the local healthy-cooking magazine *ChopChop*, created a delicious meatless holiday feast. Across Squash with Double Brussels Sprouts. "The rich almost holy combination of wild root's warm textures and Parmesan already punctuated by the same nutrients and wonderfully smoothed out by the subtler sweet brussels sauce," Sally says. "When it all melds into an acorn squash it's special enough to be the centerpiece of a holiday meal."

POACONARATE GLAZED TURKEY WITH APPLE ALMOND STUFFING

By Kimberly Mayana

SERVES 12 (WITH APPENDICES ON THE RIGHT OF THE PAGE)

ACTIVE TIME: 1 HOUR, 15 MINUTES

COOK TIME: 3 HOURS, 15 MINUTES

PREPAREDNESS TIME: 15 MINUTES

This soup glass, made from poacconarate, plays and cranberry sauce, doubles as a sauce in the table. (Diet) cranberries add color and flavor to the stuffing.

1. In a large pot, combine turkey, giblets, and neck bones, rinsed well, and poultry skin.
2. Add water.
3. Cook until turkey is tender, about 3 hours.

1. Cook about 10 minutes.
2. Top with olive oil, salt, and pepper.
3. Add rice, finely chopped.
4. Add small, finely chopped.
5. Gently stir in apples, peeled and chopped.
6. Top with onion.
7. Add salt.
8. Top with finely ground black pepper.
9. Cook until tender.
10. Top with olive oil, salt, and pepper.
11. Cook until tender, about 15 minutes.
12. Add salt.

Notes

1. Top with cranberry juice.
2. Top with cranberry juice.

3. Cook until tender, about 15 minutes.
4. Top with salt, pepper, and onion.
5. Top with salt, pepper, and onion.
6. Top with salt, pepper, and onion.

Optional Garnishes

1. Cook until tender, about 15 minutes.
2. Top with salt, pepper, and onion.

3. Preheat oven to 400°F. Place turkey, bones, and skin on a roasting rack in a roasting pan. Add water to pan. Sprinkle with salt and pepper with vegetable oil, spray it. Preheat stuffing. Place stuffing mix in a large bowl. In a large saucepan, add water, onion, and cranberries, about 3 minutes, stirring frequently. Add to the stuffing mix.
4. In the same skillet, heat oil. Add celery and onion and cook, stirring occasionally, until softened slightly, about 5 minutes. Add apples, poultry seasoning, salt, pepper, and cranberry rice. Cook on additional 5 minutes, then add to the stuffing bowl. Top with cranberry.
5. In a medium bowl, whisk mustard, broth, and egg together. Pour over stuffing and top with stuffing mix for 5 minutes and top again.
6. Fill the turkey cavity with stuffing, leaving a small amount of space for the stuffing.

to expand. Transfer yeast stuffing (above) 2½ cups to the hot pan and distribute in an even layer. Cover pan with foil. Set aside.

8. Back turkey wings under the bird and re-distribute together with cooking wine. Spray the outside of the bird with olive oil or vegetable cooking spray. Place turkey in the oven and reduce the temperature to 325°F. Roast for 2½ hours.

9. While bird is roasting, make the glaze. In a medium bowl, combine pineapple juice, mustard, crushed red wine, sugar, and pepper. Bring to a simmer over medium heat and whisk until smooth, about 3 minutes. Cook for 3 more minutes. Remove from heat and add sprigs of thyme. Set aside.

10. After turkey has roasted for 2½ hours, lower white-hot cooking panes. Place the pan of yeast stuffing in the oven. Bake for 15 minutes, then remove foil from the stuffing pan. Generously baste turkey with prepared glaze. Set aside, remaining glaze.

11. Bake another 15 minutes, then check the internal temperature of the stuffing in the turkey. It should be 160°F when scored with an instant read thermometer. While the stuffing is not the proper temperature, continue checking at 10-minute intervals. The yeast-mulling is done when it has firmed up and is lightly browned on top, about 45 to 50 minutes total.

12. Remove turkey from oven. Loosely wrap in foil and let rest for 20 minutes. Baste glaze over medium heat until warmed, about 5 minutes. Remove thyme sprigs and discard. Transfer glaze to a small pitcher. Transfer stuffing from the turkey to a serving bowl.

13. If desired, pour the pan juices into a small measuring cup, bring to a simmer over medium-high heat and reduce the volume by ½ to ⅓. Strain into a gravy boat.

14. To serve, place the whole turkey on a platter and surround with kale leaves and large pieces of pomegranate or pomegranate seeds if desired. Carve the turkey in the kitchen and arrange the sliced meat on a serving platter surrounded with kale leaves and pomegranate pieces.

ACCENT SQUASH WITH DOUBLE MUSHROOM STUFFING

By Emily Thompson

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR, 30 MINUTES

This hearty stuffing can be stuffed inside a chicken or turkey or eaten alone, as a side dish. It's equally good hot or at room temperature. Both the squash and the stuffing can be prepared in advance, then cooked through just before serving. Breads may be failed.

1. warm squash and to heat and seeded
2. hot oil or oil
3. onion, chopped
4. olive oil, minced
5. ½ white mushrooms, stems removed, chopped
6. ½ white mushrooms, stems removed, stems only
7. hot olive oil
8. capers, drained
9. cups vegetable stock
10. ½ cup grated Parmesan cheese, divided
11. ½ cup chopped walnuts
12. ½ cup raisins

1. Preheat oven to 350°F. Spray a baking sheet with vegetable cooking spray. Place squash halves cut side down on the baking

sheet and roast until tender, about 30 to 40 minutes.

2. While squash is roasting, prepare stuffing. Heat olive oil in a large sauté pan over medium heat. Add onion and garlic and cook until tender, about 7 minutes. Add both kinds of mushrooms and thyme and cook until the mushrooms are softened and begin releasing their juices, about 7 minutes. Continue cooking until most of the liquid has evaporated, about 5 more minutes.

3. Add onions and cook until lightly browned, about 5 minutes. Add herbs and bring to a gentle boil. Cook, partially covered, until onions have absorbed the broth, about 5 minutes. Remove from heat.

4. When squash is ready, remove from oven, keeping warm on. Turn halves cut side up and let rest 3 minutes or until slightly cooled. Add 4 Tbsp. of the cheese, nuts, and one half of the mushrooms into an oval bowl. Divide the filling among the squash halves, using up all the filling. Place on the baking sheet, then sprinkle each with 1 cup of the remaining cheese. Bake until hot and through and cheese has melted slightly, about 10 minutes. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (UNCOOKED AND CARBOHYDRATE EQUIVALENT)
PER 100g SERVING: 110g CARBOHYDRATE, 100g PROTEIN, 100g FIBER

STAFF PHOTO BY
EMILY THOMPSON



APPROXIMATE NUTRITIONAL VALUES PER SERVING
(UNCOOKED AND CARBOHYDRATE EQUIVALENT)
PER 100g SERVING: 110g CARBOHYDRATE, 100g PROTEIN,
100g FIBER

TURN-EM-CLAUDE

By Adam Riad

SERVES 4

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 3 TO 5 HOURS

(INCLUDING MARINATING TIME)

Red wine and tomatoes season the eggs, for this slow-stimmer recipe. Braised pan-fried, fully cooked, pasta or a nutty quinoa are all great served alongside to absorb the savory sauce. Recipe may be halved and may be frozen.

1. medium cloves garlic, divided
2. anchovies
3. tiny, spicy green chilies, cut
4. six fresh, ground black peppers, divided
5. 1 tsp. oil or virgin olive oil, divided
6. 1 lb. bone stock, 7/8 lb. 2 smaller, cut into pieces
7. 1/2 cup all-purpose flour
8. medium onion, peeled and finely sliced
9. eggs are medium to set red wine, such as Cabernet Sauvignon
10. spring fresh herbs

good and healthy

These four dishes are as different — but are supremely happy all pairs — as tomatoes is to eggs. Though the dried, broiled tomato, the most potent in flavor, shows just how healthy tomatoes are, a wonderful flavor and a good source of potassium, vitamin C, B6, C, and numerous antioxidants. www.heart.org

1. spring fresh, parsley, finely sliced
2. small ribs celery, with leaves
3. 1/2 cup butter
4. 1/2 cup oil or virgin olive oil, divided
5. two medium fresh, pan-fried, dried

1. Finely slice 2 of the garlic cloves and 2 of the anchovies. Combine in a mortar and pestle with lemon zest and 1/2 cup of the pepper and mash into a smooth paste, alternately wash the mortar in a bowl with the back of a spoon. Add 1 Tbsp. of the oil or 1 and stir to make a paste. Remove the rest of the garlic and the paste, cover and refrigerate for 1 to 2 hours. 2. When ready to cook the ribs, spread the flour in a shallow dish and dredge the ribs evenly, tapping to shake off any excess. Heat 1 Tbsp. of the oil in a large

pan over medium heat. Add ribs and cook, without moving it, until the bottom is browned, about 3 minutes. Turn over and cook until it is dark, again without moving it, until the second side is browned, about 3 more minutes. Remove ribs from the pan and set aside. Depending on the size of the ribs, you may need to do this in batches.

3. Heat remaining 1 Tbsp. oil in the same pan. Add onion, reduce heat to medium, and cook, stirring frequently until soft and lightly browned, about 5 minutes. Stir in remaining 2 garlic cloves and 2 anchovies and add with remaining 1/2 cup pepper and cook, stirring until fragrant, about 40 seconds. Add wine, increase heat to high and simmer, scraping bottom of pan with a wooden spoon to loosen and dissolve any brown bits, until reduced by about half, about 10 minutes.

4. Add dried tomato, parsley stems, celery ribs and bay leaves to the pan, along with remaining 1/2 cup oil. Return to a medium and cook, stirring occasionally to blend flavors, about 3 minutes. Add ribs, lower with some of the tomato mixture, reduce heat to low and bring to a gentle simmer. Cover pan and cook, turning ribs occasionally until it is very tender but not falling apart, about 60 to 90 minutes.

5. Transfer tomato to serving plate and set aside to keep warm. Use a fork to remove the herb sprigs, celery, and bay leaves from the sauce. Increase heat to medium high and simmer, stirring constantly, to concentrate flavors and reduce slightly about 5 minutes.

6. Add 1 Tbsp. of the chopped parsley and one teaspoon with onion. Sprinkle with remaining parsley and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (PER CALORIES): 135 CALORIES, 10% CARBOHYDRATE, 50% PROTEIN, 40% FAT (2 TO 3 SERVINGS). (FIBER: 10% CARBOHYDRATE, 50% PROTEIN, 40% FAT)





When it's cold outside, it's the
perfect time to heat up the kitchen

holiday farm breakfasts



TEXT BY SUSAN GUILTY • RECIPES BY KATHY GUNST
PHOTOGRAPHS BY HEATH ROBBINS

holiday memories are often made at the family table. Stories are told and jokes are shared as the meal brings together family and friends. While holiday dinners take center stage, the season is the perfect time for a cozy country breakfast any day. A hearty morning meal will energize everyone for a day of ice skating, sledging, or last-minute shopping. With delicious food and beloved company, though, a leisurely breakfast can also easily stretch into an afternoon of relaxed visiting by the fire.



Go real, and be healthy

Eggs are your body's good — they're an easy source of protein, and are a good source of choline, which is a nutrient particularly important for pregnant and breast-feeding women. They're also one of the five natural sources of vitamin D. ¹ One egg contains cholesterol, but recent findings show that consuming an entire egg daily doesn't increase blood cholesterol levels.

HOT AND SWEET GLAZED BACON



HOT AND SWEET GLAZED BACON

SERVES 6

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 25 MINUTES

This sweet, sticky, slightly spicy bacon adds a delicious twist to any holiday morning. Thick strips are coated in light brown sugar and chili powder and broiled until a popcorn-crackled glaze forms. These bacon strips are also tangy when served with coleslaw, or with the molasses, fruit, and cream on our breakfast menu. Recipe may be halved.

- 1 lb. (2 to 3) slices thick sliced bacon, drained in the Butter Sheet
- 1 cup light brown sugar, packed
- 1 tsp. chili powder or to taste
- pinch freshly ground black pepper

1. Preheat broiler. Place 8 strips of bacon on a rack on top of a broiler pan.
2. In a small bowl, mix the brown sugar, chili powder, and pepper. Lightly rub each strip of bacon with about ½ to 1 tsp. of the seasoned sugar mixture, putting a clove to make sure it adheres well.
3. Broil for 1 to 4 minutes, or until crisp and brown, but not burnt. Keep a close eye on the bacon, as it can go from undercooked to overcooked and burnt in minutes.
4. Gently turn the bacon and sprinkle each slice with another ½ to 1 tsp. of the sugar mixture, pressing down lightly to make sure it adheres to the meat. Broil for another 1 to 4 minutes, or until the bacon is cooked to your liking.
5. Remove from the broiler and repeat with the remaining bacon and sugar mixture. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(UNCOOKED): 40 CALORIES/100g (10g FAT/10g PROTEIN/
10g CARBOHYDRATE/10g CHOLESTEROL,
1.5mg SODIUM/40g FIBER)

COUNTRY BREAKFAST STRATA

SERVES 8

ACTION TIME: 15 MINUTES

TOTAL TIME: 1 HOUR, 20 MINUTES

TO OVERNIGHT (INCLUDING SOAKING TIME)

This savory bread pudding is ideal for cold winter mornings. It's flexible — you can add any type of cheese or vegetables or try cooked meat, sausage or seafood. Best of all, the strata can be prepared in advance so you can let it sit overnight and then simply pop it into the oven first thing in the morning. Recipe may be baked just in an 8-inch square pan for feeding.

1. Preheat oven to 350°F. Place an 8-inch Square Baking Dish.
2. Preheat oven to 350°F.
3. Large bowl with 1/2 cup oil.
4. Beat 2 eggs with 1/2 cup milk.
5. Sprinkle 1/2 cup cheese over the top.
6. Sprinkle 1/2 cup cheese over the top.
7. Sprinkle 1/2 cup cheese over the top.
8. Sprinkle 1/2 cup cheese over the top.
9. Sprinkle 1/2 cup cheese over the top.
10. Sprinkle 1/2 cup cheese over the top.

2. eggs low fat milk
3. top freshly grated Swiss cheese
4. top fresh pepper (some such as Tabasco)

1. Slice bottom crust from bread and discard. Cut remaining bread in 1/2-inch cubes. You should have about 7 to 8 cups of cubed bread. Set aside.

2. Heat 2 cups of the oil over low heat in a large stainless steel skillet. Add onion slices and cook, stirring, for 5 minutes, or until onion becomes pale golden color.

3. Separate the chard ribs from the leaves and discard ribs. Add to the onion and cook for 5 minutes. Chop the leaves and add. Cook, stirring, for another 5 minutes, or until the chard is tender. Stir in the rosemary then transfer to a plate and set aside.

4. Add 2 more cups of the oil to the skillet and heat over medium heat. Add onion, onion and cook until the liquid is reduced.

5. Continue cooking until most of the liquid has evaporated, about 10 minutes.

6. Spray a 9-by-13-inch baking pan with olive oil cooking spray. Layer the bottom of the dish with half the bread cubes,

creating a solid layer. Top with half the chard mixture, then half the mushrooms. Sprinkle half the cheese on top. Repeat with the remaining bread, chard, onion mixture and cheese.

7. In a large bowl whisk the eggs, milk, pepper, and hot sauce until well combined. Pour the mixture over the bread and onion pan with plastic wrap or foil. Let sit at least 15 minutes for the bread to soak up the egg mixture. (The longer it sits, the smoother the strata.) If waiting for longer than 15 minutes, refrigerate, up to overnight.

8. When ready to bake, preheat oven to 350°F. Bake for 30 to 40 minutes, or until the eggs are set and cooked. To check, insert a small, sharp knife in the center. Strata should not be wet or runny. Remove and let sit for 5 minutes before serving. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
400 CALORIES, 25% CARBOHYDRATES, 50% PROTEIN
AND 25% CALORIFICATION. (SOURCE: NUTRITION
ANALYSIS, 2000, 2001)



CRANBERRY SURPRISE MUFFINS

By Josh Grunwald

YIELD: 12 MUFFINS (24 SERVINGS)

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 40 MINUTES

The "surprise" in a muffin here is lime-scented cream cheese filling made to melt into a lava flow the baking begins, making these the ultimate muffins ever. Two cranberries provide a tasty hint of flavor that will jump-start your morning.

Cream Cheese Filling

- 6 oz. 16-ounce tub of softened cream cheese, at room temperature
- ½ cup sugar
- 1 egg
- ¼ tsp ground lime zest

Muffins

- 2 cups all-purpose flour
- 1½ tsp baking powder
- ¾ cup salt
- ¼ cup sugar
- 4 large unsalted butter cut into ½-inch cubes
- 2 eggs
- 1 tsp lime
- 2 tsp vanilla extract
- 1 cup fresh or frozen cranberries, coarsely chopped
- 1 large eggshell or homemade sugar-free sprinkling (optional)

1. Preheat oven to 375°F. Spray a 12-cup muffin pan with vegetable cooking spray. Use a paper towel to spread spray around the edges and surface of the pan.
2. Prepare cream cheese filling. In a medium bowl, put an electric mixer on medium-high speed to beat the cream cheese and sugar until fluffy. Add egg and lime zest and

beat until smooth for one minute.

3. Prepare the muffins. In a large bowl, combine flour, baking powder, salt, and sugar. Whisk or stir with a fork until well mixed. Add butter and use an electric mixer on medium-high to blend until the mixture is like crumbles. Alternatively use a fork or pastry blender.

4. In a separate bowl, gently whisk the eggs, being careful that they don't get too foamy. Whisk vanilla with and lime. Pour into the flour-butter mixture and stir by hand just until incorporated. Stir in the cranberries.

5. Fill each muffin cup ¾ of the way with

the cranberry batter. Top each with some of the cream cheese filling, dividing it among the 12 muffins. Top with remaining cranberry batter. The muffins cups should be about three-quarters full. If desired, sprinkle each muffin with about ¼ tsp cinnamon or homemade sugar.

6. Bake muffins until light golden brown about 20 minutes. Let rest for 5 minutes then remove from oven. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (EXCLUDING THE CREAM-CHEESE FILLING): 240 CALORIES, 35g CARBOHYDRATE, 10g PROTEIN, 10g FAT, 10g SUGAR, 10g FIBER, 10g FIBER.

Kelly Casati cooks for Boston, Mass. magazine "Boston from a Mount Wollaston," and is found at downtown.com.

Josh Grunwald is a Boston-based food writer whose work has appeared in *Cooking Light*, *Yankee Magazine*, and other publications.



Wine suggestions

Reddish-brownists can be sweet, salty, or dry, so choose versatile spending wine for the Country Road that fits. Some of the affordable wine pairs comes in the **Hardhead Buddy** and **Cash's Roadtrip** by Robert Mondavi that sparkling wine brings elegant crispness to the hot and sweet Grand Baco. Add even more color - and light cranberry sweetness - to the tri-color Baco by pairing it with **Hardhead Buddy** and **Cash's Roadtrip**. The Cranberry Surprise Muffins are terrific with the Road trip and the Road trip flavors of **Cash's Road**.



CRANBERRY SURPRISE MUFFINS





*Candy canes, pecan pie, eggnog, and tiramisu
like you've never seen them before*

DESSERTS WITH A *difference*

TEXT BY SUSAN GUILTY • RECIPES BY KERI FISHER AND LISE STERN
PHOTOGRAPHS BY MARK FERRI

*Y*ou could hardly shared them, or succulent roasts beef might hold the place of honor on the holiday table. But long before dinner has ended, many from a few guests will be spring for salted caramel with desserts. Many families have their holiday dessert traditions like pumpkin pie or chocolate. And while these familiar recipes are standard to most occasions, it may be time to give them a delicious twist, or bring something totally new to your festive menu.

Traditional dinner recipes can often lend new life to an outdated or unexciting Christmas menu by adding a twist. Here are some ideas to help you create a holiday feast that is both delicious and healthy. **1. Roast a Turkey with Citrus and Herbs.** Instead of the traditional turkey with stuffing, try roasting a turkey with a mixture of citrus juice, olive oil, and fresh herbs like rosemary and thyme. This will give the turkey a delicious, aromatic flavor. **2. Make a Vegetable Medley.** Instead of the traditional mashed potatoes, try making a vegetable medley with roasted sweet potatoes, Brussels sprouts, and green beans. This will give you a healthy and flavorful side dish. **3. Try a New Dessert.** Instead of the traditional fruit cake, try making a chocolate orange cake or a lemon posset. These desserts are both delicious and healthy. **4. Make a Healthy Salad.** Instead of the traditional green bean salad, try making a healthy salad with roasted sweet potatoes, chickpeas, and a vinaigrette made with olive oil and balsamic vinegar. This will give you a healthy and flavorful side dish. **5. Try a New Drink.** Instead of the traditional eggnog, try making a healthy drink like a spiced apple cider or a gingerbread latte. These drinks are both delicious and healthy.

From put to prison, in comparison. It was created after European colonists landed on the New World, making it almost a beloved American tradition. Featuring the language our Great Potato-ification, From Put to prison, it's a delicious, better, shorter, crisper, and a more holistic dish.

For convenience, just a bit out of the ordinary by adding some European flair to your holiday meal. Our Egg Nog Trifle waits in layer of egg nog, vanilla, or an impressive decadent cake on a traditional English dessert. The Trifles de Mad takes the symposium beyond of classic trifles and adds a touch of the world, or yule log. Though English trifle and American trifle are known as "Trifles" (it's) they're far from the same. *American*

Intelligent wireless sensors of traffic flow, location, distance, conditions, etc. designed for more than 100 years.

While holiday meal guests have certain expectations for stimulating yet not overly intense dishes with exciting recipes that give a nod to tradition, while bringing their own dishes takes to the table. Each of the following desserts does just that — combining the flavors of a traditional holiday meal while combining them in delicious new ways.

CASE STUDY: COLUMBIAN COLLEGE OF ARTS AND DESIGN

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

1. *Journal of the American Medical Association*, 2000; 284: 2689-2695.

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Certainly, water flows that such a showerhead complemented with a water coiler from Hahnke the showerhead in a water bath helps us keep the water energy and prevent the surface from cracking. Also, be aware:

- iii on charcoal briquet products
such as Hovema® or Hovema®
Charcoal Briquet, (see attached)

- 1) *Thaps. rostrata* (Lindl.) Martini
- 2) *Stilb. n. long.* & *long. lat. (translucida)* (Lam.) Chodat (20% H₂O) at room temperature
- 3) *Opuntia* (green)
- 4) *Cat. rugos.*
- 5) *Stilb. (translucida) extract*
- 6) *Opuntia*
- 7) *Cat. (translucida) ground* (peppermint candy extract)
- 8) *Cat. (translucida) ground* (peppermint candy extract)
- 9) *Cat. (translucida) ground* (peppermint candy extract)
- 10) *Cat. (translucida) ground* (peppermint candy extract)

L. Preheat oven to 375°F. Spray a 9-inch springform pan with vegetable cooking spray. Wrap the outside of the pan with aluminum foil. (This will keep water from getting in while the cheesecake bakes, as a water bath.) Place really a large roasting pan that will hold the springform pan.

2. In a medium bowl combine cooked cranberries and melted butter and well mixed. Pour over the prepared pie and press into an even compact layer going slightly higher toward the inside on the sides. Chill until filling is ready.

4. In a large bowl, combine cream cheese, sour cream, and sugar and mix on high speed until an objective cream is formed.



Figure 1 | **Figure 1a** shows the effect of the *h* parameter on the χ^2 value for the fit of the data to the model. The χ^2 value decreases as *h* increases, indicating a better fit. **Figure 1b** shows the effect of the *h* parameter on the χ^2 value for the fit of the data to the model. The χ^2 value decreases as *h* increases, indicating a better fit.



Creating desserts will far exceed mine, especially chocolate. But to the food is beyond the city of **Jerusalem** **Prague** **Moscow**

[illegible]

and finally about 1 minute later on results. Harbour speed is low and add eggs one at a time, making thoroughly and scraping sides of bowl with a separate stirrer each addition.

At Point 4) of the ladder-crest component pass. Add grasshopper family crickets on remaining leaves and most were well camouflaged. Point usually came better to a specific top of ladder pass. Use a ladder to gently twist the two structures being covered not to disturb the crabs. Place pins on the larger remaining pins and fill with hot water along highway, up the side of the motorcycle pass. Just past where the trail. Make 60 to 70 minutes in mid afternoon to set and start beginning to brown at edges. 2. Remove ladder and pins set a mile or more to more transparent about 1 hour. Start inside around perimeter of pins on leaves-like, but do not remove rest. Rehydrate chocolate in least 1 hour or overnight. Store in sealed jars before serving. garnish chocolate with chopped candy cane. Use fresh tree bark, if a chocolate sauce.

ASSOCIATION OF NATIONALS AND
THE SERVICE ASSOCIATION OF CALIFORNIA
INTERNATIONAL UNION OF PURE AND APPLIED
CHEMISTS (1948) (1949) (1950) (1951)
NATIONAL ASSOCIATION OF STATE DEPARTMENTS OF
HEALTH AND SAFETY



SWEET POTATO EDMUND PECAN PIE

BAKING 10

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 4 HOURS, 20 MINUTES

Two Southern holiday favorites double up. A crusty layer of breadcrumb-baked pecans is topped with a creamy sweet potato custard. An easy-to-roll browned-butter shortbread crust holds them together.

- 1) cup (2 sticks) salted butter, divided
- 1) cup all-purpose flour
- 1) cup confectionery sugar
- 1) cup bourbon or vanilla extract, divided
- 1) egg, chopped pecans, divided

- 1) cup dark brown sugar, packed, divided
- 2) eggs, divided
- 1) cup light cream, stirred
- 1) cup sweet potato puree or (16-oz.) jar sweet potato baby food, such as Swirls® (Stage 1)
- 1) cup ground pecans
- 1) cup ground almonds
- 1) cup heavy cream
- 1) pecan halves (optional garnish)
- 1) egg yolk, cream, optional garnish

1. Preheat oven to 350°F. Prepare crust: Spray a 9-inch pie pan or a 9-inch pan with vegetable cooking spray. Melt butter in a medium saucepan over medium-high heat, ensuring heating once butter melts. The butter will start to bubble; then lower and

a golden brown patch should appear after 3 to 4 minutes, over the pan to melt. When butter looks pale gold with browned bits at the bottom, remove from heat. Watch carefully — butter can burn quickly after it starts to brown.

2. In a large bowl, whisk together flour and confectionery sugar for each 2. Toss all the browned butter in use in the great filling. Add remaining butter to the flour, along with 1 cup of the bourbon or vanilla (ice on medium with an electric mixer) and whisk uniformly crumbly. Pour crumbs into prepared pan and press along bottom and sides. Prick bottom 10 to 12 times with a fork. Bake until slightly firm but not browned, 8 to 10 minutes.

3. While crust cools, prepare the pecan filling: Place 1 cup of the pecans on the bowl of a food processor with ½ cup of the brown sugar. Process until most are finely chopped, about 30 seconds. Separate 1 of the eggs, reserve the yolk and add the white, along with 1 egg, 1 cup syrup, reserved 2 Tbsp browned butter and 1 cup of the bourbon or vanilla. Process until well mixed and paste-like. Add remaining ½ cup pecans and pulse just to mix. Pour into partially baked pie crust.

4. Prepare sweet potato layer in the bowl used for the crust: combine sweet potatoes with remaining ½ cup brown sugar, remaining 1 egg, reserved yolk, cream, cloves and remaining 1 cup bourbon or vanilla. Use electric mixer on medium speed to mix until smooth and thoroughly combined. Add cream and mix until smooth, about 30 seconds. Pour sweet potato mixture over the pie mixture. Bake until set, about 35 to 40 minutes. The center should no longer appear liquid, and a knife up inserted on the sides should come out clean.

5. If desired, decorate surface with pecan halves. Serve warm, or cool on a rack to room temperature, about 1 hour, then refrigerate until chilled, about 2 hours or overnight. Serve chilled, topped with whipped cream if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (40 CALORIES, 10 CARBOHYDRATE, 50 PERCENT DAILY INTAKE) (PERCENT DAILY INTAKE) (PERCENT DAILY INTAKE) (PERCENT DAILY INTAKE)

DOI: 10.1002/for

1. *Journal of Management Studies*, 1996, 33, 1, 1-14.

TOTAL TIME: 11:00:00.000
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In its simplest, an English mill is a layering of color: pecking, heat, and whapped cream. This color creates classic English style features: layers of highlights with a rich egg-yolk contrast and overall warm. Beams can be added.

NOTE: If you prefer, visit us and browse our collection in our stores. Visit www.barnesandnoble.com for more information.

1. Temp. controlled kitchen
 a. pans: non-stick pans, covered and changed into fry-pan's place
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1. In a large skillet cook butter over medium-high heat. Add peas and cook until very slightly softened and just beginning to brown at the edges, no more than 5 minutes. Add sugar, tomatoes, and 1/2 cup of the cooking oil and continue to cook, stirring often, until sugar is absorbed, about 2 more minutes. Transfer to a bowl and refrigerate until cold.

E. Prepare a double boiler or a metal bowl or saucepan that will rest on top of a bottom saucepan. Fill bottom pan with about 1 inch of water (water should not touch the support). Heat the water over medium-low heat so that it is barely simmering. Combine finely grated egg yolks and sugar in the top bowl or pan. Whisk constantly for 2 to 3 minutes or until the mixture turns light and thick and holds its shape. Transfer mixture to a new bowl and whisk for 3 to 4 minutes longer or until the mixture is cool (the pouch will be too warm to use as a comb).

2. In a large bowl, mix an equal amount of medium and oil, then add the oil.

peaks. Turn to mixture. Add half the cream to the egg-yolk mixture and fold gently to combine. Add remaining cream and continue to fold until mixture is uniform in color and no streaks remain.

4. Assemble the rolls: In a decorative glass bowl layer one third of the applesauce on the bottom. Top with half the halibut fillets as an even layer. Strain the pears, discarding the liquid or reserving it for another use then place half the pears on the halibut. Repeat with half the remaining sweet sauce.

than the remaining halyptyls (making an even layer) than the remaining years. Top with remaining eggplant seeds and roast in the oven. Halaplate in less 2 hours. So, I'm sorry, just before serving, garnish with remaining 1/4 of nutmeg and then place 4 almonds. You're done, you're done.

ATTENTION: ALL INFORMATION CONTAINED HEREIN IS UNCLASSIFIED, EXCEPT WHERE SHOWN OTHERWISE, AND IS IN THE PUBLIC DOMAIN. CONTACT: 1-800-452-7233

Our Eggnog Trifle, with its layer of rich eggnog custard, is an impressive, decadent take on a traditional English dessert.



TRAMISU DE NOËL

SERVES 12

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 1 HOUR

(INCLUDES CHILLING TIME)

This take on the classic bûche de Noël features a combination of cold cake wrapped around mascarpone filling and heated with a coffee liqueur sauce.

Cake

- 6 eggs
- 1 cup sugar
- 1 cup milk
- 1 cup all-purpose flour
- 1 tsp ground cinnamon
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 cup unsweetened cocoa powder

Filling

- 1 cup part-skim ricotta cheese
- 2 Tbsp Marsala wine (dry or sweet) or 2 Tbsp vanilla extract
- 1 cup sugar
- 1/2 lb mascarpone cheese

Buttercream

- 1 cup instant espresso or instant coffee
- 1/2 cup very soft butter
- 1/2 cup vanilla extract
- 1/2 cup (2 sticks) unsalted butter at room temperature
- 1/2 cup unsweetened sugar
- 1 cup chocolatey cream
- unsweetened cocoa powder for garnish

1. Prepare cake. Place whisked eggs in a bowl of hot water for 5 minutes to bring them to room temperature. Preheat oven to 325°F. Sprig in 11-by-17-inch stained baking sheet or jellyroll pan with vegetable cooking spray. Line bottom only with waxed or parchment paper. Spray again, and flour the paper and the sides of the pan.

2. Beat eggs in a large bowl. Using an electric mixer mix on high speed 4 minutes until pale and fluffy. Gradually add sugar with mixer running, beating another 2 to 3

minutes. Mixture should be pale yellow and thickened. With mixer running, add milk and beat another 30 seconds, making sure the volume of the eggs stays constant.

3. In a medium bowl, use a fork or whisk to combine flour, cinnamon, baking powder and salt. Sprinkle half the flour mixture over the eggs and fold in gently by hand using a rubber scraper. Sprinkle in remaining flour mix and fold in gently, be sure to fold against the bottom of the bowl so the flour will work. Be careful not to mix too vigorously.

4. Pour batter into the prepared pan, spreading into all corners. Bake 7 to 8 minutes or until the surface springs back when poked lightly with your finger and a toothpick is inserted in the center comes out clean.

5. While the cake bakes, cover a cooling rack with a clean dish towel. Set the cocoa powder over the surface of the towel.

6. When the cake is ready run a knife along the ridge and immediately turn the cake onto the prepared dish towel. Carefully remove the waxed or parchment paper. Roll up the cake in the towel starting with the long side closest to you. Cool to room temperature on the rack, 20 to 30 minutes.

7. Prepare filling. With a food processor or immersion blender, puree the ricotta cheese until very smooth and creamy, about 30 to 40

seconds. Stir in cocoa, sugar and mascarpone. Process until smooth. Cover and chill until ready to assemble.

8. Prepare buttercream. In a small bowl, dissolve instant espresso or coffee in hot water. Stir in vanilla. In a large bowl, use a mixer on medium speed to cream the butter until light. Add the dissolved espresso and beat until well cream formed. Add confectioners sugar and cream and beat on high for 10 minutes. Mixture will first appear separated, but will eventually come together. After 10 minutes, scrape the sides of the bowl, then continue beating another 2 to 3 minutes, and light and fluffy.

9. Assemble the cake. Unroll the cake toward you. Spread the mascarpone mixture in a thin

layer over the cake, going right up to the edges on three sides — the long side directly in front of you and the two short sides, leaving 1 inch empty at the opposite long side. Gently roll the cake (without the dish towel), starting with the side closest to you, using your fingers to tuck the edge. It's OK if some cracks appear, as they'll be covered with the buttercream. Roll the cake completely rolling with the seam-side down. Use the dish towel to help press the cake into an even roll. **10.** Place the cake on a serving plate and trim with the coffee buttercream, leaving about 1/2 cup for frosting. Cut off a 1-inch piece from one end at a 45-degree angle. Attach this piece angled into slant on top of the cake near the center. Press down slightly to adhere it to the cake. Use the remaining buttercream to finish frosting any unrolled bits of the "log." Using a fork, gently mark lines in the buttercream so that it resembles bark. Dust surface with cocoa. Chill 1 hour before serving.

APPROXIMATE NUTRIENT DATA PER SERVING (EXCLUDING THE CARAMELIZING COFFEE) AND PER ONE-POUNDED PORTION: 400 CALORIES, 10g FAT, 40g CARBS, 10g PROTS.

Keri Foster has written for *Southern Living*, *Real Simple*, *Real Good*, and *Cook's Illustrated*.



PHOTOGRAPH BY JEFFREY M. HARRIS

TURKEY DINN WITH SOFT CHEESE

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

We're relaxed here with this classic chicken dinner, which combines broccoli with chicken and a Glendale topped cream sauce. It's a healthy meal, made healthier with the addition of just cheese. Recipe may be baked and may be frozen.

- 8 cups frozen broccoli (1 lb.)
- 1 1/2 cups part-skim ricotta cheese
- 1/2 cup (1/2 cup) part-skim ricotta cheese
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. freshly ground black pepper
- 2 eggs
- 4 cups chopped cooked turkey
- 1 cup chopped fresh basil
- 1 1/2 cups parmesan cheese
- 1/2 cup grated Romano cheese
- 2 Tbsp. extra virgin olive oil

1. Preheat oven to 350°F. Spray a 9-quart casserole dish with vegetable cooking spray.
2. Microwave the broccoli and warm through, but not too hot (about 5 minutes). Drain well.
3. In a large bowl, use an electric mixer on medium-high speed to beat together ricotta, 1/2 cup of the parmesan, lemon juice, and pepper (and seasonings). Add broccoli, turkey and basil and mix to mix. Transfer mixture to the prepared casserole dish and spread evenly. Sprinkle with remaining 1/2 cup parmesan.
4. Mix bowl clean and add breadcrumbs, Romano and oil, use well to combine. Spread evenly over the broccoli and turkey mixture.
5. Bake until filling is heated through and topping is golden brown, about 15 minutes. Cool for about 5 minutes and serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
260 CALORIES, 260 CARBOHYDRATES, 40g FIBER,
10g FAT, 10g PROTEIN, 10g SODIUM, 10g SUGAR,
10g TOTAL FAT

BEER SUGGESTIONS

The Turkey Protein is just nicely with Blue Moon Winter Ale or Leontopetal's Pilsener. Both beers, both of which are slightly sweet. For the Turkey and White Wine, look for clean and crisp White Light, with its dry, crisp finish. The unfiltered White Top Wine Style White Wine is a slight taste of orange in the Turkey and White Wine. The Turkey and White Wine needs a layer to cut through the citrus — choose a pale one such as Pilsener, which is well balanced and not too light.



Get Cultured

Yogurt is a healthy (and welcome) addition to any meal

NUTRITIONAL RESEARCH AND RECIPES BY KATHY BROOKER PHOTOGRAPHY BY KATHY BROOKER

Thick, creamy yogurt is a refreshing touch and a useful ingredient in cooking and baking — has been around since ancient times, but it didn't take off in the United States until the 1960s and '70s. Today yogurt is firmly in the mainstream — you'll find 100 products with "yogurt" in the name on our shelves, from cups to smoothies to frozen treats.

Yogurt is made by adding *lactobacillus* cultures to milk. The bacteria convert the milk sugar (lactose) into lactic acid — which gives yogurt that characteristic tang and thickens it like sour cream. Yogurt can be very nutritious — rich in calcium, protein, B vitamins, and a handful of minerals. But not all yogurts are created equal. Greek yogurt, which is becoming increasingly popular, generally contains at least twice the protein of regular yogurt, though it is frequently lower in calcium. Flavored yogurts (especially those designed to look) can be much higher in sugar than plain yogurt, and 100-cal yogurts can be very rich. Most, but not all, yogurt brands have vitamins D added, which helps calcium absorption. And a few yogurt brands are *live* (strained) which contain the beneficial bacteria.

To know which yogurts are *beneficial*, start with the name — "Greek" or "strained" yogurts — and read labels. Yogurt that contains live and active bacteria is considered the most beneficial — at the bottom of the label, you'll find the *lactobacillus* cultures that give yogurt benefits beyond its basic nutrients. The term "probiotic" refers to the live bacterial cultures that have health-promoting effects of their own (see "Probiotics 101" on page 41). Various brands contain different cultures, but all of them include *L. bulgaricus* and *S. thermophilus*. (If a yogurt has live and active cultures

the package label will usually say so. Some even have a "Live & Active Cultures" seal from the National Yogurt Association.)

The best-tasting yogurt for cooking is plain, unseasoned yogurt, preferably whole or low fat. (Just the tiny taste of plain yogurt isn't for everyone, but adding a teaspoon of honey or maple syrup, or some fresh fruit can increase its appeal.) Yogurt is great to use as a cooking — use it in baking instead of sour cream to add moisture and richness without loss of fat. We offer a selection of recipes that make it easy to incorporate yogurt into your meals.

BROOKER MODELLO ©
A SHOOTING

ACTIVE TIME: 10 MINUTES
TOTAL TIME: 8 HOURS TO OVERNIGHT
INCLUDES BAKING TIME

Brocker models also called Swiss chard is an easy and substantial breakfast served by

brocker models. Brocker models are looking for the extra overnight makes them cold and dense, making them not necessarily from fresh and dried, but. Brocker is traditionally served cold. Recipe may be failed.

1. Tbsp. chopped pecans or walnuts
2. 1 cup old-fashioned oats
3. 1 cup milk with or without added fat
4. 1/2 cup ground almonds (optional)
5. 1/2 cup 100% homogenized whole milk
6. 1/2 cup 100% homogenized whole milk
7. 1/2 cup 100% homogenized whole milk
8. 1/2 cup 100% homogenized whole milk
9. 1/2 cup 100% homogenized whole milk
10. 1/2 cup 100% homogenized whole milk

1. In a small skillet, toast the oats over the stove heat until they begin to smell toasted, about 5 minutes. Cool, then transfer to a covered container and store.
2. In a medium bowl, stir together oats, milk, raisins, and almonds.
3. In a small bowl, mix together oats, milk, raisins, and almonds. Cover and refrigerate for 4 hours or overnight.
4. In a small bowl, mix together oats, milk, raisins, and almonds. Cover and refrigerate for 4 hours or overnight.
5. In a small bowl, mix together oats, milk, raisins, and almonds. Cover and refrigerate for 4 hours or overnight.
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10. In a small bowl, mix together oats, milk, raisins, and almonds. Cover and refrigerate for 4 hours or overnight.

APPROXIMATE NUTRITIONAL VALUES:
SERVING: 1/2 CUP (1/2 CUP)
CALORIES: 100 (100)
FAT: 10g (10g)
CARBOHYDRATE: 10g (10g)
PROTEIN: 10g (10g)
FIBER: 10g (10g)



Holiday Getaway Meal

Cooking away from your home kitchen is a snap with Hannaford ingredients

STORY BY JANE DOBROWOLNICK RECIPES BY KIMBERLY MAYFORD | In 2018 | Recipes By a Food Editor

Holidays mean home and family, but they may also mean a seasonal getaway — perhaps to a New Hampshire cabin, a Vermont ski lodge, a cozy farmhouse in upstate New York or Massachusetts or an island off the coast of Maine. Of course, it can be challenging to prepare a holiday feast at a remote location, but with a bit of forethought — and some help from our favorite convenience foods — you can enjoy a delicious meal no matter where your plans take you.

Do as much of your grocery shopping ahead of time as you can because you may find yourself miles from the nearest market. Some possibilities can be packed in coolers and brought along. If you're transporting a turkey, make sure your cooler is well insulated and surround the bird with plenty of ice packs. A turkey breast, which takes up less space, can be

more inviting. Remember that frozen turkey may take several days in the refrigerator, so plan accordingly. It's not safe to store poultry at room temperature. Sturdier possibilities such as rotisserie birds and apples can be kept undisturbed for at least a day. To avoid overpacking and to make cooking as simple as possible, consider measuring ingredients like spices, oils and sugar beforehand, and bring only what you need.

The recipes here were designed with a movable home in mind. They can be prepared with the most basic of kitchen equipment through you might want to pack your own roasting pan and a good knife or two. These festive dishes get a boost from ingredients exclusive to Hannaford, such as our Signature Monterey Chiles, Pepper Rub and New's Place Organic Honey — a great way to add flavor and complexity without a lot of fuss.

CRAB MELT SLIDERS

SERVES 8

ACTIVE TIME 30 MINUTES

TOTAL TIME 35 MINUTES

Chefs' secret words tell us otherwise: You, these sliders are irresistible. Bready croissants are layered with delicate crab salad, creamy Havarti, and then tomato slices. Recipe may be halved — or doubled for a large crowd.

1. place tomatoes
2. place 1/2 cup Havarti (cut into 1/2 inch slices)
3. Top with tomato slices
4. Top with Monterey Chiles (cut into 1/2 inch slices)
5. Top with New's Place Organic Honey (cut into 1/2 inch slices)
6. Top with tomato slices
7. Top with Havarti (cut into 1/2 inch slices)
8. Top with tomato slices
9. Top with Monterey Chiles (cut into 1/2 inch slices)
10. Top with Havarti (cut into 1/2 inch slices)



1. Preheat oven to 400°F. Cut croissants into thin 1/2-inch slices. For a total of 24 slices. Cut each slice of Havarti into quarters lengthwise for a total of 12 pieces.

2. In a small bowl, mix together mayonnaise, olive oil, and lemon juice until smooth. Add tomatoes and mix until evenly blended.

3. Slice croissants in half horizontally and on them cut side up on a baking sheet. Place about 1 Tbsp. crab on the bottom half of each croissant. Top with a piece of cheese.

4. Bake for 4 to 5 minutes until cheese is melted.

5. Top each slider with two tomato slices and a croissant half. Slice each sandwich in half, if desired, and serve immediately.

APPROXIMATE MATERIALS VALUED PER RECIPE
EXCLUDED: THE CARPENTERS' TOOLS
IN THE TOOLS SECTION OF THE STORE,
CRAFTS SECTION OF THE



SIDES AND DESSERTS FOR THE ROAD

Stovetop and oven roasts are great for travel. Green beans and broccoli florets are easy to pack in a microwave-safe bag when *Deep Taste of Inspiration® Roastery* or *Roastery and Larder Chopping* 30 for 100¢, and all over 10¢. Because of the city's focus on *Native Hawaiian Plateau Organic Meats*, *Berry Cheesecake* 30 for 100¢, and *Hot Apple Walnut Caramel*, *Chocolate Caramel*, or *Chocolate Spider Cakes* 10 for 100¢, *Hot Apple Walnut Caramel*, *Chocolate Caramel*, or *Chocolate Spider Cakes* 10 for 100¢, *Hot Apple Walnut Caramel*, *Chocolate Caramel*, or *Chocolate Spider Cakes* 10 for 100¢, *Hot Apple Walnut Caramel*, *Chocolate Caramel*, or *Chocolate Spider Cakes* 10 for 100¢.

HERB-ROASTED SWEET POTATOES

SERVES 12
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 1 1/2 HOURS, 5 MINUTES

An alternative to sugar-laden sweet potato casseroles, these aromatic sweet potatoes can be served hot, warm, or at room temperature. Recipe may be halved and may be frozen.

1. Preheat oven to 425°F. Spray a baking sheet with olive oil cooking spray.
2. Peel sweet potatoes and slice them to half length. Cut each half into 1/2-inch thick slices. Transfer to a large mixing bowl. Add shallow drizzle with oil and toss well to coat. Sprinkle brown sugar and cayenne pepper over the potatoes and toss well to coat. Spread potatoes in an even layer on the prepared baking sheet.
3. Roast potatoes for 25 minutes. Sprinkle thyme, maple syrup, and pumpkin seeds over potatoes, and once on the baking sheet until evenly broiled. Roast for about 10 more minutes until potatoes are tender when pierced with the tip of a knife and lightly browned.
4. To serve, transfer potatoes to a serving bowl and garnish with sprigs of fresh thyme, if desired.



good and healthy

Sweet potatoes: Vitamin A and carotenoids, sweet potatoes are a good source of beta-carotene, as their carotenoids can help boost our immune systems. They're high in vitamins A and beta-carotene, as well as vitamin C and manganese. They're also high in fiber and have anti-inflammatory properties, making them good for all. They're also a good source of vitamin A.

1. Preheat oven to 425°F. Spray a baking sheet with olive oil cooking spray.
2. Peel sweet potatoes and slice them to half length. Cut each half into 1/2-inch thick slices. Transfer to a large mixing bowl. Add shallow drizzle with oil and toss well to coat. Sprinkle brown sugar and cayenne pepper over the potatoes and toss well to coat. Spread potatoes in an even layer on the prepared baking sheet.
3. Roast potatoes for 25 minutes. Sprinkle thyme, maple syrup, and pumpkin seeds over potatoes, and once on the baking sheet until evenly broiled. Roast for about 10 more minutes until potatoes are tender when pierced with the tip of a knife and lightly browned.
4. To serve, transfer potatoes to a serving bowl and garnish with sprigs of fresh thyme, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 100 CALORIES, 100 CARBOHYDRATE, 10 FIBER, 10 FAT, 10 SUGAR, 10 SODIUM, 10 PROTEIN.

IN THE BAG

At the Bakery, you'll find everything you need to make a delicious Thanksgiving meal. From the turkey to the sides, we have it all.



JUST LIKE MOM USED TO MAKE

TURKEY DINNER

Pick up a ready-to-eat **Butcher Shop** Turkey Breast at the Butcher Shop.

In the **Belly**, grab **Slow Roasted Sweet Potatoes** or **Roasted Potatoes**. Add some **Baking Green Beans** from **Produce** and pick up a tin of **Nature's Place® Organic Juiced Cranberry Sauce** from the **Natural & Organic** section.

Stop at the **Bakery** for delicious bread. Get **Nature's Place® Natural Roasted Garlic Loaf**. And there are pastries for all tastes, available whole or bakery, maple quaterns – try the **Apple Cider Pie**.

CHICKEN CLUB

Chicken Patties are available at the **Belly**. Breast meat is cut into tender strips and tossed with some of our herbs and bell peppers and a special sauce. Four patties are also included.

Complement the patties with a side of our **Plus Artichoke and Caramelized Onions** available at the **Belly** plus our hot sour cream from the **Baking Shop**.

For dessert, put together a cookie plate from the **Bakery** – the assortment of our **Gourmet Cookies** like **Sugar and Brownie** or **Chocolate** or **Chocolate**.

COMPLETE THANKSGIVING DINNER

Pick up an entire **Thanksgiving Dinner** for a crowd in one easy stop. We cook up a whole turkey with all the trimmings, green stuffing, squash and our rolls, plus a side for dessert. Be sure to order at least 10 days in advance.

WEEKDAY LUNCH AND DINNER

At the **Belly**, we have an assortment of **quaterns**, including whole or halves or 1/4 quaterns. Try **Four Cheese** or **Applesauce** – it's the perfect meal for a holiday lunch or brunch, along with our **Nature's Place® Quaterns** from soups and fresh salads.



Visit us online at **Bakery.com**. My menu great! I go and share it on the site. Also, gather us online information about your grocery list ahead of time.



Live deliciously™



1 delicious recipe

3 kinds of cookies

Lots of happy memories



McCormick® Gingerbread Men

1 cup flour
1 tsp. McCormick® Ground Ginger
1 tsp. McCormick®
Ground Cloves
1 egg, beaten, with

1 egg, McCormick®
Ground Nutmeg
½ cup water
½ cup (1 ½ sticks) butter,
softened

½ cups finely packed brown sugar
½ cup molasses
1 tsp.
1 tsp. McCormick®
Pure Vanilla Extract

MIX in large container before using. Beat eggs and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add molasses, egg, and vanilla. Beat well. Gradually beat in flour mixture until the speed used will spread. Press dough into cookie cut. Bake on greased flat disk. Refrigerate 4 hours or overnight.

ROLL out dough to ¼ inch thickness on lightly floured work surface. Cut into gingerbread men shapes with 5-in. Swirl cookie cutter. Place 1 inch apart on ungreased baking sheets.

BAKE in preheated (375°) oven 8 to 10 minutes on small edge of 1 cookie on top and bottom beginning to fry. Use Cool ray baking sheet 1 to 2 minutes. Refrigerate to cool, make, cool completely. Decorate as desired. Makes 2 dozen.

Visit mccormick.com to learn how to use the gingerbread dough for other delicious recipes: White Chocolate-Rosemary Gingerbread Cookies and Gingerbread Whoopee Pies with Cream Cheese



The Taste You Trust™



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